



# ALGORITHMS

A Convenient Reference to Protocols,  
Concepts, Principles, and Practices

## POCKET GUIDE

Procedures, Tapping Patterns,  
PR Corrections, and Tips From  
Complete Training Courses



Thought Field Therapy™  
CENTER

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## TFT Treatment Points Locations

**A = Arm** (About 4" to 5" down from the armpit. For some women, this may be the bra line).

**C = Collarbone** (About 1" down from the V of the neck. And 1" to either the left or right side)

**CH = Chin** (Directly under the lower lip. Those with a cleft chin may find relief in the middle of the dimple.

**E = Eye** (Under the center of either eye, on the bony ridge)

**EB = Eyebrow** (At the starting point of either eyebrow)

**G = Gamut** (On the back of either hand, about 1" down from the knuckles, between the tiny finger and the ring finger)

**IF = Index finger** (Located on the side closest to the thumb, near the lower corner of the nail. Often used to treat feelings of guilt)

**MF = Middle finger** (Located on the side closest to the thumb, near the corner of the nail)

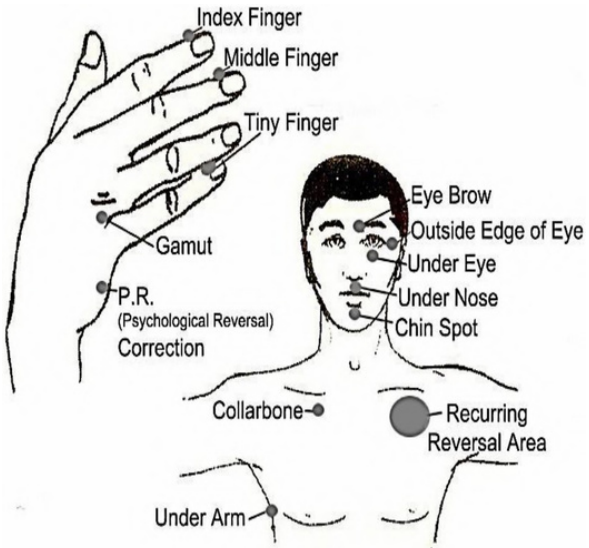
**OE = Outer eye** (About 0.5" from the corner of the eye socket, where the upper and lower eyelids meet)

**SH = Side of hand** (Also known as the 'karate chop spot,' located on the outer side of the tiny finger)

**TF = Tiny finger** (On the side facing towards the thumb, near the lower corner of the nail)

**UN = Under the nose** (Between the middle of the nose and the upper lip)

## TFT Treatment Points



## Algorithm Major Treatment Points

Condition	Major Treatment Points
Simple Phobias / Fear	E - A - C
Spiders, Turbulence, Claustrophobia	A - E - C
General Anxiety, Stress	E - A - C
Addictive Urge	E-A-C; C-E-C; A-E-C; E-C-A-C
Simple Trauma	EB - C
Guilt	IF - C
Anger	TF - C

Rage	OE - C
Obsession / OCD	C-E-C; A-E-C; E-A-C
Depression	G50 - C
Physical Pain	G50 - C
Embarrassment	UN - C
Shame	CHIN - C
Panic / Anxiety Disorder	EB-E-A-C; E-C-EB-C; A-E-EB-C; EB-A-C; E-EB-A-TF; C-E-A
Jet Lag	EasttoWest A-C WesttoEast E-C
Visualization	A - C

## 9-G = (The 9-Gamut Series):

As you tap the Gamut Spot, do the following in order:

1. Close your eyes
2. Open your eyes
3. Look down and to the left
4. Look down and to the right
5. Roll your eyes in a circle
6. Roll your eyes in a circle in the opposite direction
7. Hum a short tune
8. Count to five
9. Hum another short tune

ER = Floor to ceiling eye roll

SQ = Repeat sequence of tapping used before the 9-G.

### Notes- Tapping Patterns- Instructions

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## Algorithms Tips

If you can't identify a specific Thought Field, choose the right algorithm, or you're too upset to talk, do the Crisis Tapping Pattern exercise on the last page of this guide.

You may combine algorithms in order to treat multiple conditions. For example:

- Complex Trauma + Anger – EB, E, A, C, TF, C 9-G SQ ER
- Complex Trauma + Guilt – EB,E,A,C,IF,C 9-G SQ ER
- Complex Trauma+ Anger + Guilt – EB, E, A, C, TF, IF, C 9-G SQ ER

Of course, always follow the exact order of each algorithm with the matching condition you wish to treat.

Keep in mind, there's a difference between a phobia and a traumatic stress trigger. Different conditions require different algorithms. If the symptoms began after a specific event, it's probably trauma.

Questions about when IT (Incident Trigger) is worse can be helpful in establishing the SUD i.e. When going to sleep, after meals, with a group of people, or a specific person, or before performance or event?

## Extra Tapping Patterns

Trouble sleeping (E-A-C for anxiety; C-E-C for compulsive thoughts keeping you awake; EB-E-A-C for complex trauma)

Nasal congestion (UN-C-Middle Finger-A-C, using the Protocol) or sinus congestion (UN-C-G50-C using the Algorithm Protocol).

Inhaled Toxin (MF-A-C, using the Protocol) or for inhalant allergies (Middle Finger-A-C-UN-C, using the Algorithm Protocol).

Self-esteem (EB-E-A-C-IF-C-UN-CHIN, using the Algorithm Protocol).

## Psychological Reversal (PR)

- When Thought Field Therapy doesn't work, or only produces partial results – consider Psychological Reversal.
- PR is a change in the direction of the flow of human energy when in a Thought Field (focus of attention).
- This is not a conscious decision that has anything to do with cognitive processes or attitude.

Where the block to effective treatment arises, the protocol indicates the type of correction needed. In more advanced TFT there are specific muscle tests for each PR

### How to Correct PR

Tap 15 times on Side of Hand for:

**Specific PR** - The most common form limited to a specific area or part of a person's life. The Thought Field is focused on a detail, time, place, incident, or person.

**Mini Specific PR** - Useful when the treatment is partially, but not completely, successful.

Rub the Sore Spot for:

**Recurring PR** - Returns very quickly after correction. This is not an acupuncture spot, but a neuro-lymphatic reflex point.

**Massive PR** - Covers a large domain encompassing broad aspects of one's overall being such as health, wealth, or general success.



### Tap 15 times Under the Nose for:

**Level 2 PR (PR2)** - Crosses the temporal dimension focused on the future.

**Mini PR2** - Useful when a treatment is partially, but not completely, successful.

## The Six Psychological Reversals

Along with the PRs used in the Algorithm Protocols, there are three others. These have proven to be useful in both Causal Diagnostic and Advanced Treatment protocols.

You can even combine all five PRs at once before tapping an Algorithm for greater effectiveness. Or, you can use the 5 PRs on their own for difficult on-going problems. Either way, choose an approach that helps you achieve complete healing.

Use them in the following manner: Focus on releasing all blocks to a specific problem, desired goal, or plan of action. Tap 10-15 times on the following points:

1. Side of hand (SH)
2. Under nose (UN)
3. Center of chin (CH)
4. Middle finger (MF)
5. Outside of eye (OE)
6. Under Collarbone (CB)

Some examples for your focus can be:

- Release all blocks to healing
- Release all blocks to a loving supportive relationship
- Release all blocks to achieving financial independence

- Release all blocks to being at your ideal weight.
- Release all blocks to being calm and confident person, etc.

For best results, do these exercises daily at least 1-3 times in a row – before using the algorithms to treat a specific problem.

## Using the Subjective Units of Distress Scale (SUDS)

The SUD is a self-reporting scale that helps you rate your level of distress, fear, anxiety, or discomfort on a scale of 0 to 10 (or 1 to 10).

AS used in Callahan Techniques® Thought Field Therapy, the SUD scale is a subjective tool that lets you measure your internal sensations and perceptions. You can also use it to measure the changes you feel as you go through each tapping exercise.

Think of the scale as a ‘distress thermometer.’ Here, 10 represents the highest level of distress, discomfort or pain, while 0 (or 1) represents a totally calm and relaxed state of mind.

**When doing the Algorithm protocol, the SUD measures the experience right at that very moment. SUDs may be different at other times and places. A common mistake is using the scale to rate:**

- When it first happened or the last time it happened
- The worst it has ever been, or
- Your own rational calculation of what it ‘should’ be

SUD ratings often change after using Thought Field Therapy. A drop is expected after tapping. If the rating goes up after tapping, it may indicate a shift in your focus or thought field.

Repression – This is when you’re unable to give yourself an SUD rating unless you’re exposed to a situation or trigger – such as a condition, person, or location – that causes your SUD to rise.

**Fortunately, even if you cannot rate an SUD, the tapping treatment can still be effective. So tap away!**

However, there is one downside to repression. After the tapping treatment, you won't get immediate feedback on whether the treatment worked or was not complete, as a PR may have occurred. Only through exposure to the situation or trigger the change will be known. Proceed with caution.

### **Perceptual Fields.**

If one is unable to willingly attune a Thought Field (i.e. children, animals), it is possible to expose the individual to a Perceptual Field. How? By showing or placing them in a situation that activates the Thought Field for treatment.

When an **SUD increase** takes place during a Protocol, it could mean that a person's perturbation – their sense of mental uneasiness – in the Thought Field has resolved.

When this happens, you may wish to restart the Protocol and try a different Algorithm.

### **Using the SUD with Children**

Before treating a child, make sure they're in the Thought Field or Perceptual Field first.

By using clear, easy to follow visual cues, children can show you exactly how they feel. For instance, they can spread their hands apart, showing you how 'big' the disturbance is – be it fear, anger, or hurt. Or they can point to a chart like the one below. You can also ask simple questions like, "How icky does it feel?"

If treating a baby, very young children, or animals, you could hold or touch the baby and tap on yourself as a surrogate. Since you're forming a circuit with the baby, the treatment will go into the baby's energy system. You can also do the 9-Gamut Series on yourself while you touch the baby.

## Private Tapping

What if you can't excuse yourself and find a private place to tap? In this case, press the points quietly and discreetly.

For TFT to work, you must stimulate the meridian treatment points in a precise order. To stimulate the points you can either: apply pressure or tap, or do a combination of both.

First, press on each major point you would tap for about 3 seconds. Then, press and hold the gamut point as you do (or imaging doing) the nine items in of the 9-G series (Hum, Count, Hum to yourself).

Animals respond better to pressure rather than tapping.



### Verbal Affirmations are not required for successful TFT.

Repeating verbal affirmations during tapping for Psychological Reversal corrections was originally part of Callahan Techniques protocols. However, in 1997 repeating affirmations were deleted from the protocols as they were unnecessary for effective corrections and treatment. Finding acceptable and easy phases often delayed starting tapping often when individuals were in great distress. Repeating affirmations during tapping sequences was never a part of Callahan Techniques Thought Field Therapy treatment protocols.

Verbal Affirmations in some cases can help focus and maintain an intention to heal and to stay in a positive state of mind. But they may also bring to mind negative judgments and trigger perturbations and complicate healing for some individuals. Only use affirmations when they are true and useful for specific individuals.

## Collarbone Breathing (CB2)

### A correction for neurological disorganization

You may need to do Collarbone Breathing test if...

- TFT and/or PR Corrections aren't working, or won't hold.
- SUD is going down very slowly (i.e. 7, 6, 5, 4, etc.)
- Coordination is off and the person is awkward.
- Person chronically reverses actions, concepts, and thoughts.
- Timing is off and the person is confused.

### Breathing Positions

There are five breathing positions in this exercise. Hold each position for 5-10 taps on the Gamut Spot.

1. Take a full deep breath in and hold it.
2. Let half that breathe out and hold it.
3. Let it all out and hold it.
4. Take a half breath in and hold it.
5. Breathe normally.

### Touching Positions

(As long as do you all eight, the order is not critical.)

1) **Take two fingertips from the Left hand** and touch one of the Collarbone Points. Tap with the Right hand on the Gamut Spot as you go through all 5 breathing positions above. Do about 5 good taps for each breathing position.

2) **Move the same two fingertips** to the other Collarbone Point. Repeat the same breathing positions as above.

3) **Now, bend the same two fingers in half** and touch the knuckles to the Collarbone Point. Do this while you tap and going through the 5 breathing positions.

4) **Move knuckles to the other Collarbone Point.** Tap while you go through the 5 breathing positions.

5) **Repeat the above touching** (steps 1 thru 4) with the Right Hand and tapping with the left hand.

## Individual Energy Sensitivity (IES)

**Individual Energy Toxin (IET)** is a substance that when ingested, inhaled, or touched, it may contaminate, harm, corrupt, or be noxious to the subtle energy systems of a specific person often resulting in deleterious effects. Everyone's sensitivity is different and may or may not impact TFT treatments. When exposure to an Individual Energy Toxin (IET) may be interfering with a treatment Protocol, try the following:

- Tap the Index Finger about 15 times, and then tap the PR Spot (Side of Hand) 15 times.
- Open a window or door to freshen the air. Change location— try out of doors (fresh air vs. air conditioning).
- Wash off any scented cosmetics, perfume, or aftershave lotion.
- Attempt to dilute the Toxin by drinking a large glass of filtered water and waiting a few minutes.
- Tap at another time wearing no cosmetics, no perfume, having not smoked, etc

## The Apex Problem

When a person fails to recognize that TFT treatment resolved their problem or changed their SUD, they experience what's known as The Apex Problem.

### To overcome this:

- Write down the SUD pre- and post-tapping.
- Record the whole treatment process.
- Remember that such change is real and predicted in TFT Protocols.
- Test the effectiveness of the treatment in a real-life setting as soon as possible, to further demonstrate the benefit.
- Review the Apex phenomenon prior to tapping.

## CT-TFT Algorithm Standard Protocol

1. Get a brief summary of the problem you need to treat.
2. Focus on the problem. Rate the level of distress felt on an SUD scale of 1-10 (or 0-10). Here, 10 is the most distress possible, and 1 (or 0) is the complete absence of distress.
3. Tap the Major Treatment Points (page 4) for the appropriate Algorithm. Then, rate the SUD. If the SUD has dropped 2 or more points, go to Step 5 (9-Gamut Series). If the SUD is still the same or has only dropped one point, continue below.
4. Corrections for PR or other blocks
  - a. Correct for Specific Reversal by tapping Side of Hand about 15 times while focusing on the problem, and then repeat the Majors. Get an SUD. If the SUD has dropped by 2 points or more from the original SUD, go to Step 5 \*\*. If no change, continue below.

b. Correct for Recurring Reversal by rubbing the Sore Spot while focusing on the problem, and then repeat the Majors. Get an SUD. If the SUD has dropped by 2 points or more from the original SUD, go to Step 5. If no change, continue below.

c. Correct for Massive Reversal by having the client focusing on one's problems and limitations in general and rubbing the Sore Spot. Then, repeat the Majors. Get a SUD. If the SUD has dropped by 2 points or more from the original SUD, go to Step 5. If no change, continue below.

d. Correct for PR2 by tapping the point Under the Nose about 15 times while focusing on the problem being treated. Then, repeat the Majors. Get a SUD. If the SUD has dropped by 2 points or more from the original SUD, go to Step 5. If no change, continue below.

e. Use the Inhalant Toxin Correction by tapping the Index Finger 15 times and then tap the Side of Hand 15 times. Then, repeat the Majors. Get a SUD. If the SUD has dropped by 2 points or more, go to Step 5. If no change, continue below.

f. Do the Collarbone Breathing Exercise. Then, repeat the Majors. Get a SUD. If the SUD has dropped by 2 points or more, go to Step 5. If no change, continue below.

g. If still no change, try an alternative Algorithm, if one is available. There is no need to repeat steps 4a-4f. Use the pattern that lowers SUD.

h. If, after doing steps (a) to (g), the SUD has not changed, STOP.

5. When the SUD has dropped two or more points, do the 9-Gamut Series. Tap the Gamut Spot continuously (about 5 taps for each of the nine items):

- Close your eyes
- Open your eyes
- Look down and to the left
- Look down and to the right
- Roll your eyes in a circle
- Roll your eyes in a circle in the opposite direction



- Hum a short tune
- Count to five
- Hum another short tune (or the same tune)

6. Repeat tapping the Majors Treatment Points used before the 9- Gamut Series (Step 3).

7. Rate the SUD. If 2 or less, go to step 8. If SUD is greater than 2, continue below.

a. Do the Mini Psychological Reversal Correction (tap Side of Hand 15 times) and then repeat the entire treatment (Majors, 9- Gamut, Majors). Get a SUD. If greater than 2, continue below.

b. Rub the Sore Spot focusing on what's left of the problem and all of life's problems and limitations in general. Then, repeat the entire treatment (Majors, 9-Gamut, Majors). Get a SUD. If greater than 2, continue below.

c. Do the Mini-PR2 Correction (tap Under the Nose 15 times) and then repeat the entire treatment (Majors, 9-Gamut, Majors). Get a SUD. If greater than 2, continue below.

d. Do the Inhalant Toxin Correction (tap the Index Finger 15 times and then tap the Side of Hand 15 times). Then, repeat the entire treatment (Majors, 9-Gamut, Majors). Get a SUD. If greater than 2, continue below.

e. Do the Collarbone Breathing treatment and then repeat the entire treatment (Majors, 9-Gamut, Majors). Get a SUD. If greater than 2, STOP.

8. Do Floor-to-Ceiling Eye Roll while tapping the Gamut Spot. Hold the head relatively level. Start with the eyes looking all the way down at the floor. Taking about 7-10 seconds, slowly move the eyes in a vertical line from their downward position to as far up as they can go. Repeat the Eye Roll tapping on the Gamut Spot on other hand.

*All material presented herein is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents herein.*

## Resources

Video demonstrations and more

<http://www.rlbray.com>

Callahan Techniques Ltd.

[www.RogerCallahan.com](http://www.RogerCallahan.com)

Help in other languages from the TFT Foundation

[www.tfttraumarelief.org](http://www.tfttraumarelief.org)

Book by Robert L. Bray, PhD Heal Traumatic Stress NOW:

No Open Wounds, Complete Recovery with TFT

Available at [www.rlbray.com](http://www.rlbray.com)



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## Crisis Tapping

Assess. If you can, determine Subjective Units of Distress (SUD), rating the upset (1= no upset, 10=worst). Or just Tap.

Tap: Use your fingertips to tap about ten times each on: Side of Hand, Under Nose, Beginning of Eyebrow, Under Eye, Under Arm, Under Collarbone, Tiny Finger, Under Collarbone, Index Finger, and Under the Collarbone.

Do the 9-Gamut Series: Continue to tap the Gamut Spot, and then:

- |                               |   |
|-------------------------------|---|
| 1. Close your eyes            | 6. Roll your eyes in a circle in the opposite direction |
| 2. Open your eyes             | 7. Hum a tune   |
| 3. Look down and to the left  | 8. Count to five  |
| 4. Look down and to the right | 9. Hum a tune   |
| 5. Roll your eyes in a circle |   |

Assess. If you can, determine Subjective Units of Distress (SUD), rating the upset (1= no upset, 10=worst). Or just Tap.

Tap: Use your fingertips to tap about ten times each on: Side of Hand, Under Nose, Beginning of Eyebrow, Under Eye, Under Arm, Under Collarbone, Tiny Finger, Under Collarbone, Index Finger, and Under the Collarbone.

Do the 9-Gamut Series: Continue to tap the Gamut Spot, and then:

Tap as above: Side of Hand, Under Nose, Beginning of Eyebrow, Under Eye, Under Arm, Under Collarbone, Little Finger, Under Collarbone, Index Finger, Under Collarbone.

Assess: Rate the upset 0-10 as above. Repeat above steps until: Your SUD rating is a 1 or 2, or your SUD rating stops changing.

Floor-to-Ceiling Eye Roll: Continue to tap the Gamut Spot with your head held level. Then, roll your eyes on a vertical line from the floor to the ceiling for about 6-7 seconds. From there, repeat this process as you tap the other hand.

Use other Algorithms, PR Corrections, and/or CB2 as needed.